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**WAYS TO USE COTTAGE CHEESE.**

Cottage cheese is richer in protein than most meats and is very much cheaper. Every pound contains more than three ounces of protein, the source of nitrogen for body building. It is a valuable source of energy also, though not so high as foods with more fat. It follows that its value in this respect can be greatly increased by serving it with cream, as is so commonly done.

Cottage cheese alone is an appetizing and nutritious dish. It may also be served with sweet or sour cream, and some people add a little sugar, or chives, chopped onion, or caraway seed.

The following recipes, according to home economics specialists of the department, illustrate a number of ways in which cottage cheese may be served:

**COTTAGE CHEESE WITH PRESERVES AND JELLIES.**

Pour over cottage cheese any fruit preserves, such as strawberries, figs, or cherries. Serve with bread or crackers. If preferred, cottage cheese balls may be served separately and eaten with the preserves. A very attractive dish may be made by dropping a bit of jelly into a nest of the cottage cheese.

**COTTAGE CHEESE SALAD.**

Mix thoroughly one pound of cheese, one and one-half tablespoonfuls of cream, one tablespoonful of chopped parsley, and salt to taste. First, fill a rectangular tin mold with cold water to chill and wet the surface; line the bottom with waxed paper, then pack in three layers of the cheese, putting two or three parallel strips of pimento, fresh or canned, between the layers. Cover with waxed paper and set in a cool place until ready to serve; then run a knife around the sides and invert the mold. Cut in slices and serve on lettuce leaves with French dressing and wafers or thin bread-and-butter sandwiches. Minced olives may be used instead of the parsley, and chopped nuts also may be added.

**COTTAGE CHEESE ROLLS.**

(To be used like meat rolls.)

A large variety of rolls, suitable for serving as the main dish at dinner, may be made by combining legumes (beans of various kinds, cowpeas, lentils, or peas) with cottage cheese, and adding bread crumbs to make the mixture thick enough to form into a roll. Beans are usually mashed, but peas or small Lima beans may be combined



whole with bread crumbs and cottage cheese, and enough of the liquor in which the vegetables have been cooked should be added to get the right consistency; or, instead of beans or peas, chopped spinach, beet tops, or head lettuce may be added.

#### BOSTON ROAST.

1 pound can of kidney beans, or equivalent quantity of cooked beans.

$\frac{1}{2}$  pound of cottage cheese.

Bread crumbs.

Salt.

Mash the beans or put them through a meat grinder. Add the cheese and bread crumbs enough to make the mixture sufficiently stiff to be formed into a roll. Bake in a moderate oven, basting occasionally with butter or other fat, and water. Serve with tomato sauce. This dish may be flavored with chopped onions cooked until tender in butter or other fat and a very little water.

#### PIMIENTO AND COTTAGE CHEESE ROAST.

2 cupfuls of cooked Lima beans.

$\frac{1}{4}$  pound of cottage cheese.

3 canned pimientos chopped.

Bread crumbs.

Salt.

Put the first three ingredients through a meat chopper. Mix thoroughly and add bread crumbs until it is stiff enough to form into a roll. Brown in the oven, basting occasionally with butter or other fat, and water.

#### COTTAGE CHEESE AND NUT ROAST.

1 cupful of cottage cheese.

1 cupful of chopped English walnuts.

1 cupful of bread crumbs.

2 tablespoonfuls of chopped onion.

1 tablespoonful of butter.

Juice of half a lemon.

Salt and pepper.

Cook the onion in the butter or other fat and a little water until tender. Mix the other ingredients and moisten with the water in which the onion has been cooked. Pour into a shallow baking dish and brown in the oven.

#### CHEESE SAUCE.

(For use with eggs, milk toast, or other dishes.)

One cupful of milk, 1 tablespoonful of cottage cheese, 2 tablespoonfuls of flour, salt and pepper to taste.

Thicken the milk with the flour and just before serving add the cheese, stirring until it is melted.

This sauce may be used in preparing creamed eggs or for ordinary milk toast. The quantity of cheese in the recipe may be increased, making a sauce suitable for using with macaroni or rice.